

## Energy Medicine: Why You Can Do What You Do

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### Abstract:

The thesis of this paper is that the new energy psychology techniques are effective because of the subtle ways they address consciousness residing within the living matrix. The intention is not to downplay the role of the nervous system and traditional psychoanalysis, but, instead, to describe and begin to explore this second system that has important roles in the development of the conscious present. The new techniques of energy psychology are providing additional evidence of the properties of this system.

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To summarize, there is a substantial theoretical and experimental basis for the storage and movement and processing of information and energy within the microscopic internal skeletons of cells of supposedly simple organisms as well as all of the cells in the human body. And these properties extend beyond the cell, to the extracellular matrix.

### Matrix/neurology relationship in trauma

Now we recall the question from the introduction: where and when do the neurological and matrix consciousness interact with each other? In the context of psychology and psychotherapy, this question becomes one of the locations of the “defenses” or “barriers” that prevent the subconscious mind from expressing itself. The idea that this is a barrier is a definite mind-set in

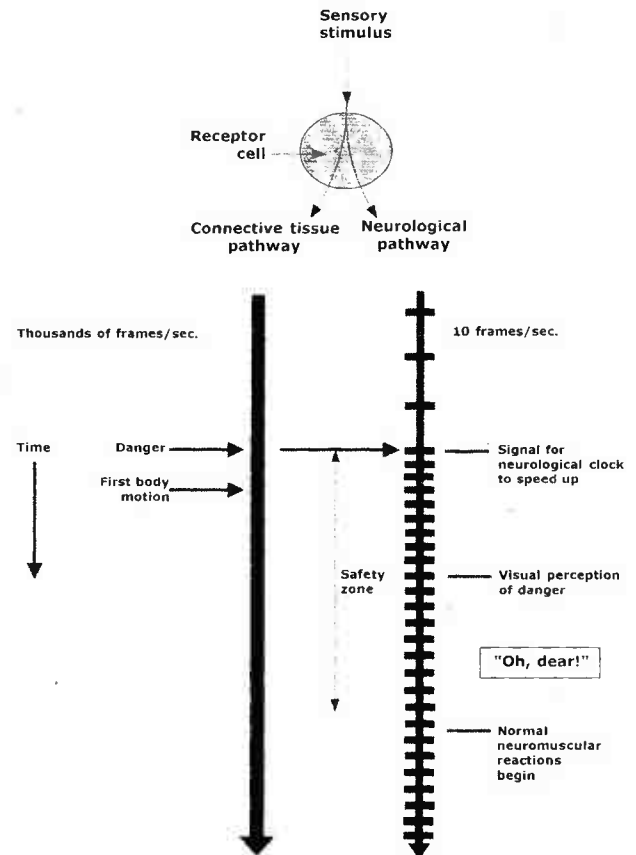
terms of exploring the interface. The “defenses” could also be more optimistically referred to conceptually as interfaces between our two “minds” that can be porous rather than impenetrable. If this is the case, it will have implications both for our understanding of where traumatic memories reside within the organism and for the application of our insights and intuitions in the therapeutic process.

One can look for the anatomical places where the two systems, the two “minds”, the nervous system and the living matrix, interface with each other. The situation has some analogies with the search for the engram, which turned out to be everywhere. The living matrix system makes up the nervous system as well as the perineural connective tissue

surrounding every neuron. The matrix is therefore everywhere physically and functionally continuous with neurons and all of their parts. It should therefore not be difficult for the nervous system to “listen” to the living matrix, and vice versa, for the matrix to “listen” to neuronal processes. This “listening” can involve the matrix keeping tabs on the larger scale phenomena such as the conduction of action potentials and synaptic transmission, as well as the more subtle processes, including those taking place in the cytoskeleton, nucleus and at the quantum level.

*Energy Medicine in Therapeutics and Human Performance* (Oschman, 2003) summarizes evidence that the living matrix system has the capability of sensing and responding with appropriate movements in situations where very fast reactions are required. This happens in athletic events and other performances when complex decisions must be made extremely rapidly, or where the functions of various systems in the body must be perfectly coordinated. The matrix, it has been proposed, is also the “first responder” when the organism is faced with a life-or-death situation or a trauma such as physical or emotional abuse. Following this logic, it can be suggested that emotional trauma is first registered by the matrix rather than by the nervous system. This can expand the focus of trauma therapy from the nervous system to the entire body. It is possible that the tedious nature of traditional psychotherapy, in contrast to energy psychology, may be due to the fact that psychotherapy indirectly addresses the places where traumatic memories reside. The traumatic lesion or emotional memory may not, in fact, reside in the nervous system, but in the living matrix.

Figure 3 provides a conceptual scheme of the temporal interactions between the matrix, shown on the left, and the nervous system, on the right.



**Figure 3** A conceptual scheme of the temporal interactions between events taking place in the matrix, shown on the left, and the nervous system, on the right. It is proposed that all sensory information detected by receptors splits into the two pathways shown at the top of the diagram. The matrix is faster than the nervous system and therefore serves as an early warning system, capable of sensing impending events before sensory signals have reached conscious awareness. This is the system that stores physical and emotional trauma and is the place to focus trauma therapy. For details, see the text.

The diagram at the top shows how information detected by a sensory receptor activates two pathways. The pathway to the right is the well-known neurological circuit that can send a message to the brain or to other parts of the nervous system. The pathway to the left takes the same signal into the connective tissue/living matrix system. This is referred to as "the continuum pathway" because it can be propagated throughout the body (Oschman, 2003).

It is proposed that the matrix is the "early warning system", capable of sensing impending events before sensory signals have reached conscious awareness. It is further suggested that the matrix can initiate appropriate movements via direct energetic pathways to the muscles.

The conduction velocity and the fast "clock" or pacemaker for the matrix enables it to detect events in the environment far faster than the nervous system. In times of danger, extreme trauma, emergency or in a crucial moment in any performance, the "awareness" of the situation and body reactions arise first in the matrix. After a finite delay, the nervous system is activated. In times of crisis, the neurological clock speeds up, increasing the number of conscious frames per second. Because more frames are occurring per second, the experience is of "time slowing down". It takes a fraction of a second for the visual system to form an image of the impending danger and a bit longer for the seriousness of the situation to reach conscious awareness, shown in Fig. 3 as "Oh, dear!" There is a further delay before the onset of neuromuscular reactions to the situation. The living matrix, then, provides a "safety zone" that enables the body to begin responding to an impending crisis before the nervous system is engaged.

In his book, *Trauma Energetics: A Study of Heid-Energy Systems*, Redpath (1995) noted that the trauma of an event is set in place in the fraction of a second before we are consciously aware of it. Years later, this energetic "signature" of the event continues to be referenced in the formation of every conscious moment, as described in Brown's Microgenesis theory. Oschman (2003) suggested that the energetic signature" of a trauma is recorded prior to conscious awareness of the event, in the living matrix, outside of the thought and speech centers of the brain. Successful trauma resolution then depends less on recalling and verbalizing the neurological "records" of the event than it does on finding the record laid down in the connective tissue and cells of the living matrix the instant before the event was consciously experienced. The success of hands-on methods in resolving emotional trauma then arises from meaningful interactions with the tissues where the traumatic structural patterns and cellular memories reside. Details of this concept are provided elsewhere (Oschman and Oschman, 1994a, b; Oschman, 2003).

#### References :

Refer to the numerous references from the original article on [www.sciencedirect.com](http://www.sciencedirect.com) called Trauma energetics, James L. Oschman, Phd. Journal of Bodywork and Movement Therapies, 2006, 10, 21-34.

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